



Mount Rainier Duathlon & Run

May 7, 2023

Enumclaw Expo Center

45224 284th Ave SE, Enumclaw, WA



We are proud to pledge a portion of the registration fees to support the **Juvenile Diabetes Research Foundation (JDRF)**. The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly and can be fatal. Until a cure is found, people with type 1 diabetes must test their blood sugar and give themselves insulin, every day of their lives. And even with that intensive care, insulin is not a cure for diabetes, nor does it prevent its eventual and devastating complications, which may include kidney failure, blindness, heart disease, stroke, and amputation.

Checking into Transition - Transition will open at 6:30am and will be monitored by volunteers at 7:15am. Both transitions for the event will take place in the same area. As you prepare to check into transition. We will be checking the following:

- The bike number placed on your bike
- Handlebar ends must be solidly plugged

Transition Rules - Make sure you rack your bike appropriately on the rack that has **your bib number range**. Approximately the width of your handlebars is your space, and event staff may adjust your bike if you use more than your space. **Family members, friends and guests are NOT allowed in the transition area at ANY time, before, during or after the event.** You may not ride your bike while in the transition area. At all times, please be aware of others around you. Your bike will not be released at the end of the event, if you do not have your bib number with you. Please wear it when you plan to remove your bike.

Pre-event Meeting – All duathlon participants will meet at 7:45 (Short & Long Course)
Timing chip should be on your left ankle and bib number should be forward facing.

Starts **Long Course** – Mass start begins at 8am **Short Course** – Mass start beginning at 8:05am **Run-Only** – Approximately 9:15

Runners – both run courses are on OPEN roads. There will be a water station on both the 8K and 6K runs.

- Be aware of others on the road
- Headsets are **NOT** allowed at any time
- Bib # must be forward facing

Bikers – The roads are **OPEN** to all traffic. Bring a water bottle for your bike. **NW Tri and Bike** will be onsite for minor bike repairs from 6:30-8am. Bike course turns are indicated by 3 orange cones with directional arrows. **You need to follow these cones. On 410 there are rumble strips in the shoulder areas, some are in the white line; there may also be sand or gravel and some potholes. This is a mountain pass. – PLEASE USE CAUTION**

- Helmets, with chin strap fastened, are always required when on your bike (even for warm up). This will be monitored, as always.
- Be alert to all traffic control - **Volunteers may stop YOU, not a vehicle, pay attention**
- Headsets are not allowed at any time

Relay Teams - The runner must go to the bicyclist (in the transition area), transfer the timing chip. The cyclist will return to the transition area, at the same place he/she left from to transfer the timing chip to the runner.

Support our Sponsors who support you!



[Charlie's Cafe](#)

(Next door to the Expo Center)
 1335 Roosevelt Ave E
 Enumclaw, WA (360) 825-5191



BONNEY LAKE

[Fleet Feet](#)

19685 WA-410
 Bonney Lake, WA 98391



[NW Tri and Bike](#)

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